

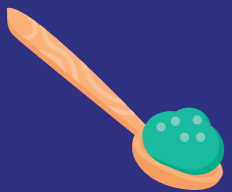
Which micro-algae meal would you try?

Why microalgae?

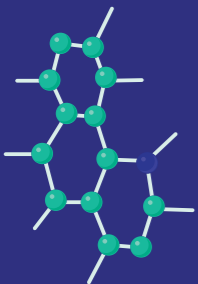
B12



They are rich in valuable nutrients (proteins, essential fatty acids, minerals, vitamin B12).



The protein content of microalgae reaches up to 70% of dry matter: higher than in soy flour or chicken!



The quality of the protein is high as it includes all essential amino acids.



They can make our menus more sustainable!

Did you know?

You might consider microalgae a 'novel food', but in fact, **they have been eaten by our ancestors for a very long time!**

The most known types in our foods are currently: **Spirulina** (a blue green algae) & **Chlorella** (a green, sometimes yellow, algae).

Tetraselmis chuii is becoming more popular & **Nannochloropsis** is on the rise too!

Breakfast

Nutritious bread with a marine twist

–

Yogurt with balls made of cereals & Spirulina

–

Fresh microalgae fruit smoothie

Lunch

High protein Chlorella vegetable cream

–

Organic Spirulina pasta carbonara

–

Sea sausage with Spirulina

Dinner

Soy burger with Spirulina concentrate & Spirulina vegetable paste

–

Vegan salmon with Chlorella

Desserts

Spirulina chocolate tablet

–

Ice cream, microalgae supplemented

–

Energy bars with honey Chlorella

Appetizers

Chlorella tortilla with Chlorella cheese slices

–

Hummus with guacamole & Spirulina

–

Selection of crackers, muffins & grissini with Spirulina, Chlorella or Tetraselmis chuii

Drinks

Beer with Spirulina

–

Kombucha with Chlorella

–

Protein microalgae powder to dissolve in water or milk

For your four-legged friends

Chicken pâté with seaweed & Spirulina

–

Beef cat food with Chlorella

–

Organic pâté for dogs with Spirulina (beef or salmon flavor)

You can already buy these products: some are currently being refined within the ProFuture project!

Learn more about microalgae innovation:

www.pro-future.eu